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## SPEED UP THE CALMING PROCESS.

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### Count to 5

COUNTING IS A GREAT WAY TO HELP KIDS LEARN HOW TO STOP AND THINK BEFORE REACTING TO THEIR ANGER. THIS SIMPLE TASK GIVES THEM A CHANCE TO THINK BEFORE THEY ACT.

### Take a deep breath:

DEEP BREATHING IS SUCH A GREAT RELAXATION TECHNIQUE. DESPITE HOW THEY ARE FEELING, TAKING A DEEP BREATH (OR TWO) CAN HELP THEM CALM THEIR BODIES QUICKLY.

### Blow into your hands:

THIS IS ANOTHER TECHNIQUE FOR PROMOTING DEEP BREATHING. BY BLOWING DIRECTLY INTO THEIR HANDS RATHER THAN THE AIR, THE CHILD RECEIVES FEEDBACK & CAN HAVE THE STRENGTH OF THEIR BREATHS.

### place hands in pockets.

THIS ACT PROVIDES KIDS WITH SOME DEEP PRESSURE AND PHYSICAL RESTRAINT. AN ALTERNATIVE TO THIS WOULD BE SIT ON HANDS OR CLASP THEM TIGHTLY.

### Acknowledge antecedents to anger.

IT IS IMPORTANT THAT KIDS BEGIN TO NOTICE AND REALISE WHAT HAPPENS TO THEIR BODIES WHEN THEY ARE ANGRY. WHAT DOES THEIR FACE FEEL LIKE? IS THERE TENSION IN THEIR BODY?

### Make a fist,

THEN RELAX THE HAND.

SQUEEZING HANDS INTO FISTS AND THEN RELEASING IS A GREAT WAY TO REMOVE SOME TENSION BUILT UP IN THE BODY. .